

Community Engagement Conference

Partnering to Advance Health and Wellness



IGNITE

January 24 and 25, 2018

#BeTheDifference

- **Presenters:** **Misty Harmon** – OSU Extension educator, family and consumer sciences, Perry County;
- **Jami Dellifield** – OSU Extension educator, family and consumer sciences, Hardin County;
- **Amanda Raines** – OSU Extension educator, 4-H youth development, Hardin County



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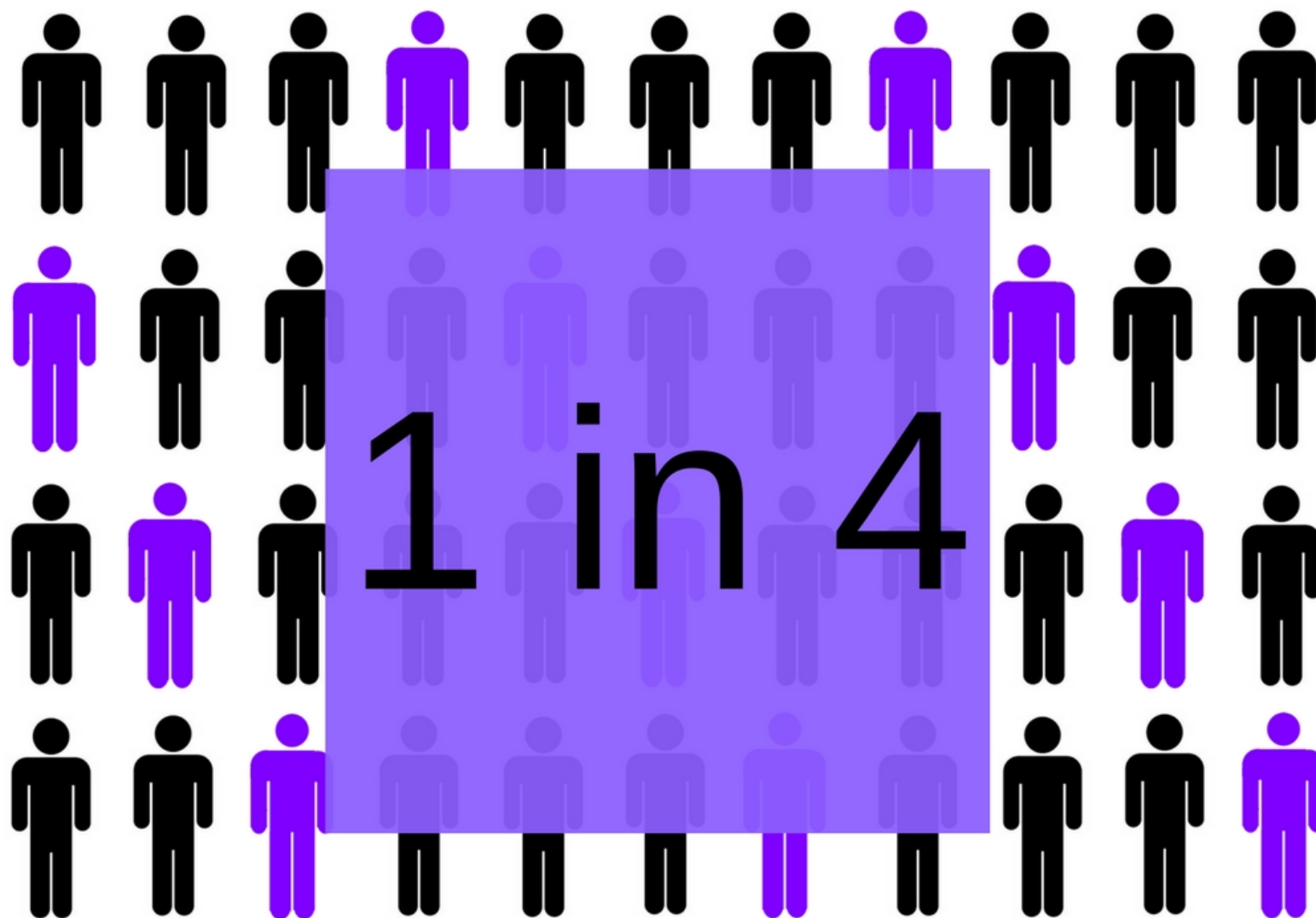
Mental Health First Aid®: An Overview

Jami Dellifield, FCS Educator, Hardin County
Misty Harmon, FCS Educator, Perry County
Amanda Raines, 4-H Educator, Hardin County

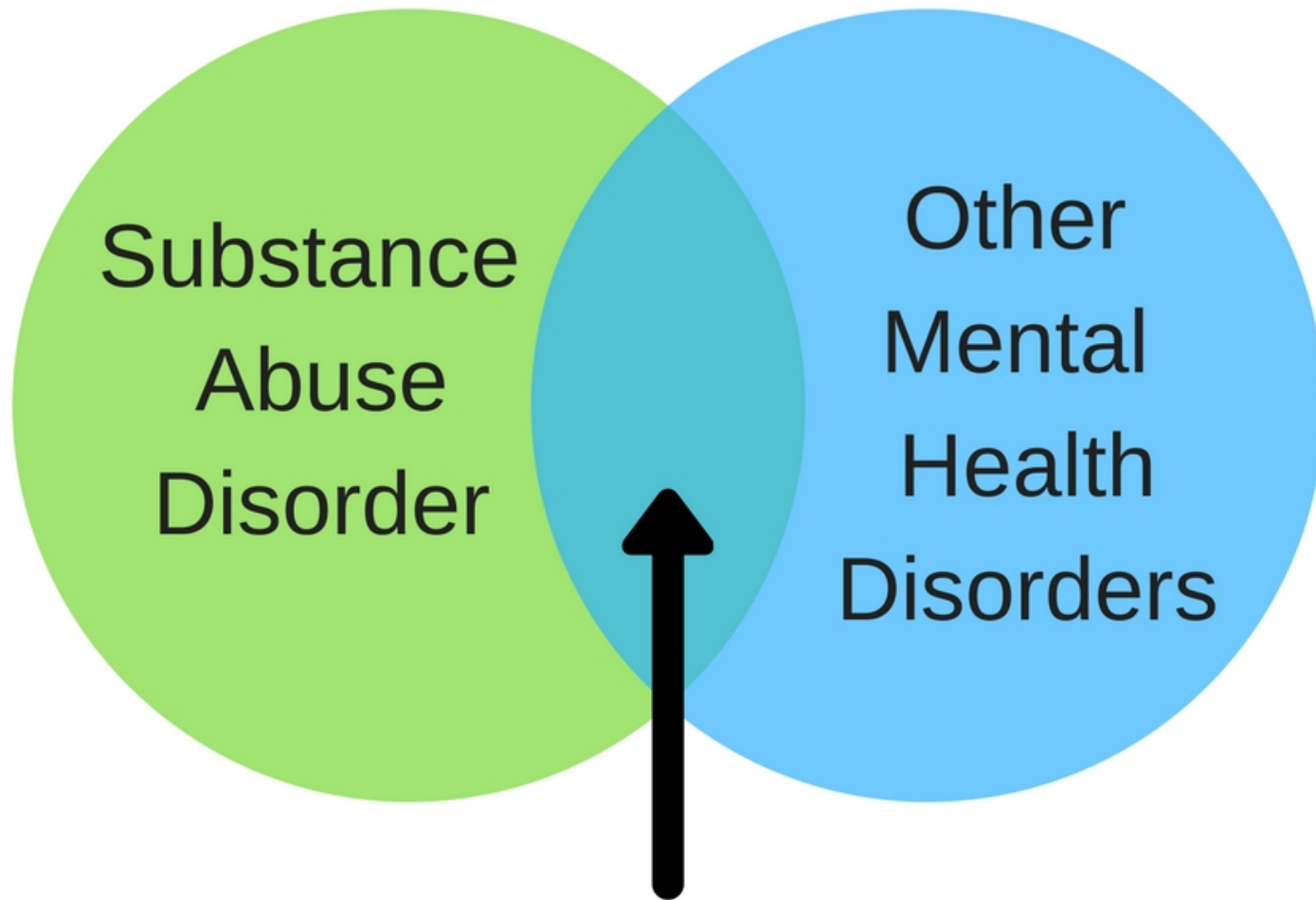


THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES







Approximately 30% co-occurrence

OHIO STATE UNIVERSITY EXTENSION



**NEVER GIVE UP ON
SOMEONE WITH A
MENTAL ILLNESS.
WHEN "I" IS REPLACED
BY "WE", ILLNESS
BECOMES WELLNESS.**

-SHANNON L. ALDER





Sometimes first aid isn't

a **bandage**,

or **CPR**,

or the **Heimlich**,

or calling **911**...

Sometimes, first aid is **YOU!**



MENTAL HEALTH FIRST AID™ USA

FIRST EDITION (REVISED) | ADULT



MENTAL HEALTH FIRST AID™ USA

FOR ADULTS ASSISTING YOUNG PEOPLE





**KEEP
CALM
and
A.L.G.E.E.
ON**



Assess for risk of suicide or harm





Listen nonjudgmentally





Give reassurance and information





Encourage appropriate professional help





Encourage self-help and other support strategies



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HEALTH
FIRST AID**

Take A Course

Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. [Find a course](#) near you.

[En Español](#)

4 Reasons to Become a Mental Health First Aider

**Be prepared**

When a mental health crisis happens, know what to do

**You can help**

People with mental illnesses often suffer alone

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START DATE	TYPE	MODULE	INSTRUCTOR	ORGANIZATION	CITY, STATE	DISTANCE ^	REGISTRATION
22 Jan 2018 (1 day)	A	Public Safety	Erick Hollyfield		Whitehall, Ohio	7.3 mi View map	REGISTER
20 Jan 2018 (2 days)	A	Not Applicable	Gunnar A. Cerda	OhioHealth	Columbus, Ohio	9.5 mi View map	REGISTER
13 Dec 2017 (1 day)	A	Not Applicable	Patricia Waits	Fairfield County ADAMH Board	Lancaster, Ohio	29.5 mi View map	CLOSED (FULL)
26 Jan 2018 (1 day)	A	Not Applicable	Martha Pool	Fairfield County ADAMH Board	Lancaster, Ohio	29.6 mi View map	REGISTER
29 Dec 2017 (1 day)	Y	Not Applicable	Martha Pool	Fairfield County ADAMH Board	Lancaster, Ohio	29.6 mi View map	REGISTER
11 Dec 2017 (1 day)	A	Not Applicable	Mercy Schwalm		New Lexington, Ohio	47.3 mi View map	REGISTER

Course Status

- ☒ Open
- ☐ Closed

Module Type

- ☐ Not Applicable
- ☐ Spanish Adult
- ☐ Spanish Youth
- ☐ Higher Ed
- ☐ Older Adults
- ☐ Public Safety
- ☐ Rural



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